



Preventing Teenage Pregnancy

February 19, 2004

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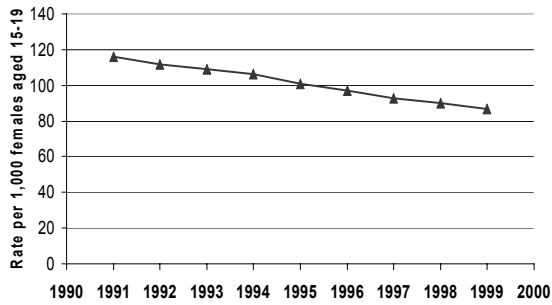
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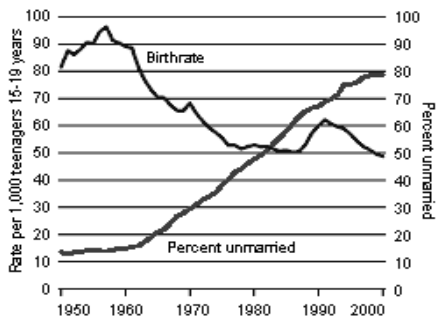
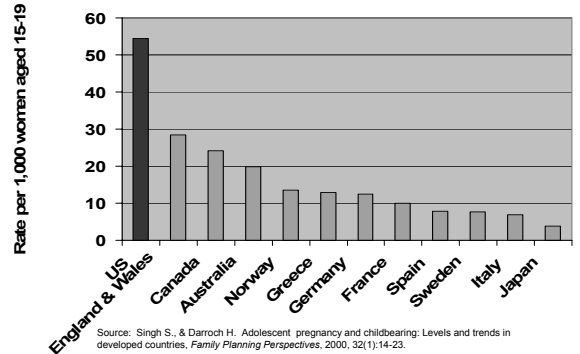
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www.albany.edu/sph/coned/t2b2.html

Pregnancy Rates 1991-1999



Teen Birth Rates, 1994-1996



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Concerns of Teen Pregnancy

- Health issues for *both* teen parents and their children
- Social consequences
- Cost to society

Healthy People 2010

- A Healthy People 2010 objective is to reduce the adolescent pregnancy rate for females aged 15-17 to 43 per 1,000
 - 1999 pregnancy rate 55.9 per 1,000

Sources: NCHS, *National Vital Statistics Report*, Vol. 52, no.7, 2003 & U.S. Department of Health and Human Services. *Healthy People 2010: Understanding and Improving Health*. 2nd ed. Washington, DC: U.S. Government Printing Office, November 2000.

TP Antecedents

Risk and protective factors include:

- Personal
- Peers & Partners
- Familial
- Environmental

Successful Teen Pregnancy Prevention Therefore Requires a Multi Level Approach

- Communities
- Families
- Human Services Programs
- Schools
- Health care & access to reproductive care

Young People Need....

....the opportunity to reach their potential

- Educational opportunities
- Economic opportunities
- Role in the community
- Supports / resources

Teen Pregnancy Prevention *What Works?*

- Research literature
 - Effective programs / “best practices”
 - Promising programs

Three Categories of Teen Pregnancy Prevention Programs

Programs focus on:

1. Sexual antecedents of teen pregnancy
2. Non ~~sexual~~ antecedents
3. Both sexual and non ~~sexual~~ antecedents

Source: Kirby, D. (2001). *Emerging Answers: Research Findings on Programs to Reduce Teen Pregnancy*. Washington, DC: National Campaign to Prevent Teen Pregnancy.

Effective Curriculum Based Programs

1. Focus on specific behavioral goals
2. Theoretical approaches
3. Clear, consistent messages
4. Provide basic information
5. Address peer pressure

Effective Curriculum Based Programs

6. Communication & refusal skills
7. Multiple teaching methods
8. Age appropriate, culturally relevant
9. Sufficient duration
10. Staff selection & training

Source: National Campaign to Prevent Teen Pregnancy, *Science Says: Characteristics of Effective Curriculum-Based Programs*, No. 4, 2003.

Curriculum Based Programs

- Reducing the Risk
- Safer Choices
- Becoming a Responsible Teen: An HIV Risk Reduction Intervention for African-American Adolescents

(cont.)

Curriculum Based Programs

(cont.)

- Making a Difference: An Abstinence Approach to STD, Teen Pregnancy, and HIV/AIDS Prevention
- Making a Difference: A Safer Sex Approach to STD, Teen Pregnancy, and HIV/AIDS Prevention

Youth Development Programs That show strong evidence of success at reducing teen pregnancy include:

- Teen Outreach Program (TOP)
- Reach for Health Community Youth Service Learning
- Other YD programs
 - Quantum Opportunities Program
 - Learn and Serve

Youth Development *What is it?*

- Youth Development is the process through which adolescents actively seek, and are assisted, to meet their basic needs and build their individual assets or competencies.

(cont.)

- (A Matter of Time, Carnegie Council on Adolescent Development, 1992)

Teen Outreach Program Operational Design

- Adolescent males and females ages 12-17
- School year or year-round
- In schools and/or out-of-school
- Classroom 1-2 times per week
- Service 20 hours minimum

Teen Outreach Program Operational Design

(cont.)

- Core group continuity
- Heterogeneous Groups
- School/community partnerships
- 2-3 staff "roles"

Teen Outreach Program Framework

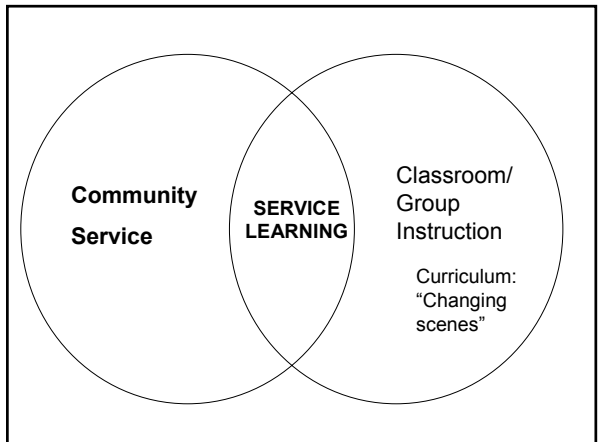
- **Goals**
 - Healthy behavior
 - Life skills
 - Sense of Purpose

Teen Outreach Program Framework

- **Principles**
 - Youth development
 - Community involvement
 - Academic extension
- **Core Elements**
 - Community service
 - Service learning
 - Classroom instruction

Teen Outreach Program Continuity

- Training and professional development
- Sustainable funding
- Communications and accountability



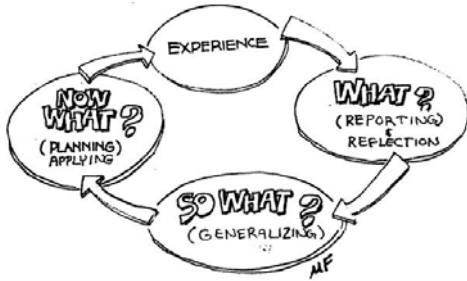
Comprehensive Programs

- **Children's Aid Society - Carrera Program**
 - Multiple components
 - Intensive
 - Three year impact on pregnancy

Best Practices in Teen Pregnancy Prevention Programs

- Youth Development
- Caring adult relationships
- Service Learning
- Experiential learning
- Last long enough

Experiential Learning



Repeat Pregnancies

- ~20% of teen mothers will have a subsequent pregnancy while still a teen
- Effective programs
 - Nurse-Family Partnership (Nurse Home Visitation Program)

What Doesn't Work?

- Insufficient duration!!!
- Programs that do not provide sufficient interactive, skill-building activities and/or opportunities to practice skills
- Vocational Educational programs

Resources On the Web

- Centers for Disease Control and Prevention
www.cdc.gov
- National Campaign to Prevent Teen Pregnancy
www.teenpregnancy.org
- Alan Guttmacher Institute
www.guttmacher.org

Resources On the Web

- Child Trends
www.childtrends.org
- The Kaiser Family Foundation
www.kff.org

Resources in NYS

- University of Rochester
Division of Adolescent Medicine
www.urmc.rochester.edu/gchas/div/adol/leah/resources.htm
- ACT for Youth Upstate Center of Excellence
www.human.cornell.edu/actforyouth/
- Metro Council for Teen Potential
www.metrocouncil.us

Reviews

- Kirby, D. (2001). *Emerging Answers: Research Findings on Programs to Reduce Teen Pregnancy*. Washington, DC: National Campaign to Prevent Teen Pregnancy.
- Manlove, J., Franzetta, K., McKinney, K., Romano-Papillo, A., & Terry-Humen, E. (2004). *A good time: After-school programs to reduce teen pregnancy*. Washington, DC: National Campaign to Prevent Teen Pregnancy.
- Advocates for Youth. (2003) *Science and success: Sex education and other programs that work to prevent teen pregnancy, HIV, & sexually transmitted infections*. Washington, DC: Advocates for Youth.

“Angel of Mine” Credits

Video produced by the Metro Council for Teen Potential in association with Image Word Sound.

Major funding provided by the Centers for Disease Control and Prevention.

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